



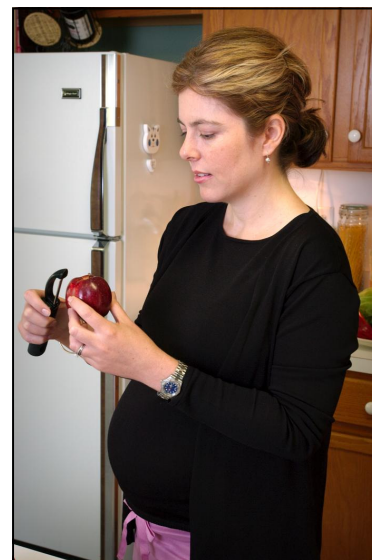
H1N1 Influenza Recommendations for Pregnant Moms

What are the symptoms of H1N1 flu?

The symptoms of H1N1 flu include the sudden start of fever greater than 100 degrees with a cough and/or sore throat and body aches.

Is H1N1 a problem for pregnant women?

Research indicates that pregnant women have a higher risk of complications from infection with the H1N1 influenza virus than other populations have. If symptoms start, treatment with antiviral medication within the first 48 hours offers the greatest benefit. It's important for pregnant women to pay attention to how their bodies feel, catch symptoms in their earliest stage and immediately contact their doctor.



What should I do if I get sick?

- H1N1 is in the community. Pay extra attention to your body and how you are feeling.
- **Report symptoms of influenza or close exposure to anyone with influenza to your doctor immediately.** Your doctor will decide if testing or treatment is needed.
- Check with your doctor before taking any fever-reducing medication.
- Drink plenty of fluids to replace those you lose when you are sick.
- If you are alone, have someone check in with you often to see how you're feeling.
- Limit your contact with others so you don't spread the virus. Call your doctor before showing up in the waiting room so you don't expose other pregnant women.

How can I protect myself from infection with the H1N1 virus?

- Wash your hands with soap and water often or use hand sanitizer when soap and water aren't available. Viruses live for 2-8 hours on hard surfaces such as doorknobs, keyboards and light switches.
- Avoid touching your eyes, nose and mouth.
- Stay away from anyone who is sick.
- If a family member is sick, arrange for someone else to care for him or her.
- When the H1N1 vaccine is available, get the vaccination. The Centers for Disease Control and Prevention has made vaccinating pregnant women a priority. You will be among the first to receive the H1N1 vaccination.
- Get your seasonal flu vaccination now. Protect yourself against both types of flu in the air this season.

For more information on H1N1, visit www.phd1.idaho.gov